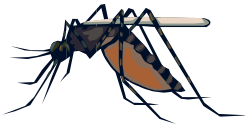


What is West Nile Virus?

- West Nile Virus is *ONLY* spread by infected mosquitoes (not person-to-person or from birds to people)
- *Mild cases* may cause fever, nausea, headache, vomiting, swollen glands, or rash for several days or weeks.
- *Serious cases* are rare, but require medical attention. Symptoms may include stiff neck, high fever, disorientation, muscle weakness or vision loss.



For late breaking information,
call Public Health's West Nile virus hotline:
(206) 205-3883

For more information:

Centers for Disease Control:
www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm
(Insect Repellent Use & Safety)

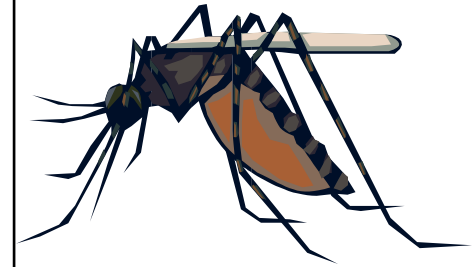
Public Health—Seattle & King County:
www.metrokc.gov/health/westnile



Health Care for the Homeless Network
Public Health - Seattle King County
999 3rd Ave, Suite 900
Seattle WA 98104

Phone: 206-296-5091
www.metrokc.gov/health/hchn

Fight the Bite



Check your
risk for
West Nile Virus

Health Care for the Homeless Network
Phone: 206-296-5091

Do you spend time outdoors at dawn or dusk?



What Happens to a Person Who is Infected With West Nile Virus?

Fortunately, most people who are bitten by an *infected* mosquito do not get sick. However, about 20% (1 person out of every 5) of people bitten by an infected mosquito come down with West Nile fever, an illness that ranges from mild to severe, flu-like symptoms.

Is Treatment Available?

No specific treatment exists. People with mild symptoms usually improve without intervention. People with any *severe* symptoms should seek medical care immediately.

You may be at risk for West Nile Virus. Get the facts...

- People over the age of 50 are at higher risk of developing complications or dying if they become infected with West Nile virus.
- West Nile virus occurs in humans when mosquitoes are present. This is usually spring through late fall in the Northwest.
- Mosquitoes are most active at night, especially during dusk and dawn. Therefore, people who sleep outdoors and are outside in the early morning and early evening are at increased risk of exposure to mosquitoes.
- There have been cases of West Nile virus among homeless people in other states.
- Not all mosquitoes carry West Nile virus, and not every mosquito bite will result in infection. People should not over-react to mosquito bites, but should take precautions to reduce the risk of being bitten, and be aware of potential signs and symptoms of infection.

How to Protect Yourself:



- Wear long sleeve shirts and pants.
- Avoid ravines, woods, and other areas with mosquitoes – especially in the early morning & early evening.
- Don't camp near areas with standing water.
- Use bug spray when insects are biting – usually at dawn and dusk.

